

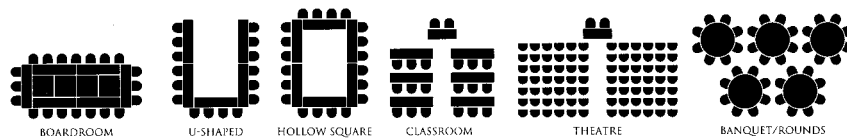


Meet Program

The Monterey Meet program provides a solid foundation on which to build your next meeting. It promotes a relationship that will guarantee flawless execution of your next meeting's agenda.

Meeting Rooms

All rooms come with a direct dial phone line, data line, and high speed internet. Photocopy and facsimile services are also available 24 hours day.



Meeting Room	Square Feet	Boardroom	Theatre	U-Shape	Classroom	Rounds	Cocktail	Price
Riverview	2,500	44	150	36	80	150	180	\$400
Clearview	625 (25x25)	24	60	20	28	50	70	\$250
Pineview	510 (34x15)	28	40	n/a	24	30	60	\$250
Rideau	1058 (46x23)	38	90	32	50	80	125	\$300
Gatineau	264 (11x24)	10	12	n/a	n/a	10	12	\$150

Audio/Visual

Each of our meeting rooms can be configured with suitable audio-visual and presentation equipment, please inquire for details. *Note:* We include one flipchart per room at no charge with prior notice

Meet... Eat... RELAX!



Catering

Our Executive Chef is proud to offer a range of menu options designed to satisfy every taste and lifestyle. Custom menus available upon request.

Breakfast

Your body needs food in the morning to "break the overnight fast" and get you going, boost energy levels and improve concentration.

Monterey Breakfast Buffet

Toast
Scrambled Eggs
Sausages & Bacon
Home Fried Potatoes
Chilled Fruit Juices
Assorted Yogurt
Preserves & Butter
Coffee/Tea

\$11

Continental Breakfast

Muffins, Croissants
Sliced Fruit platter
Chilled Fruit Juices
Assorted Yogurt
Preserves & Butter
Coffee/Tea

\$9

Power Breakfast

Croissants, Scones
Fruit Platter, Fruit Juices
Bacon & Sausage
Coffee/Tea
Chef's Station:
Eggs to Order, Omelets
Preserves & Butter

\$16

Working Lunch

Choose from our selection of working lunches or make a reservation at the La Bodega Lounge.

Tortilla Wraps

Assorted Tortilla Wraps
Two Chef's Choice Salads
Seasonal Fruit Platter
Chef's Treat of the Day
Assorted Soft Drinks
Bottled Water
Coffee/Tea

\$17

Life Menu

Create Your
Own Julienne Salad
Fresh Mesclun Salad
Grilled Chicken Strips
Smoked Salmon
Egg, Cheese, Salami and Olives
House Vinaigrette
Soup of the Day
Seasonal Fruit Platter
Assorted Soft Drinks
Bottled Water, Coffee/Tea

\$18

Market Deli

Soup of the Day
Three Chef's Choice Salads
Chef's Treat of the Day
Assorted Breads and Cheeses
Sliced Deli Meats & Fillings
Pickles, Onions and Tomatoes
Assorted Condiments
Assorted Soft Drinks
Bottled Water
Coffee/Tea

\$19

Soup and Sandwich

Soup of the Day
Assorted Deli Meats on
Sunflower Bread &
French Baguette
Crudites Platter and Dip
Chef's Treat of the Day
Assorted Soft Drinks
Bottled Water
Coffee/Tea

\$16

Flat Grills

Make Your
Own Caesar Salad
Baked Flat Grill Pizzas
Vegetarian, Chicken & Chef's
Special
Treat of the Day
Assorted Soft Drinks
Bottled Water
Coffee/Tea

\$17

Meet... Eat... RELAX!



Catering Continued

Hot Buffet

Choose from our selection of working lunches or make a reservation at La Bodega Lounge.
(If less than 20 people a \$3.00/person surcharge will apply)

Menu # 1

Soup of the Day
Two Chef's Choice Salads

Choice of one Entrée

Rolls and Butter
Chef's Treat of the Day
Assorted Soft Drinks
Bottled Water
Coffee/Tea

\$18

Menu # 2

Soup of the Day
Canadian Cheese and Crackers
Vegetables and Dip
Three Chef's Choice Salads

Choice of two Entrée

Rolls and Butter
Chef's Treat of the Day
Assorted Soft Drinks
Bottled Water
Coffee/Tea

\$22

Entrees

Cannelloni in a Tomato Coriander Sauce topped with Mozzarella Cheese
Orange Ginger Beef or Chicken Stir-Fry served with Wild Basmati Rice
Chicken Cacciatore served with Herbed Pasta
Poached Atlantic Salmon drizzled in White Wine & Dill sauce served with Wild Basmati Rice
Chicken Rosconi with a Red Pepper Coulis served with Potato of the Day
Beef Stroganoff with Fettuccini & Fresh Herbs

Breaks

All items listed in our menus can be ordered on their own, inquire for more details. We will also try and accommodate any requests for items not listed in our menus.

Coffee Break

Morning:
Muffins & Croissants
Fruit juices
Bottled Water
Coffee & Tea

Or

Afternoon:
Cookies and Brownies
Assorted Soft Drinks
Bottled Water
Coffee & Tea

\$5

Fruit Break

Seasonal Fruit Platter
Assorted Yogurts
Multi Grain Bars
Fruit Juices, Bottled Water
Coffee & Tea

Or

Seasonal Fruit Platter
Cookies and Brownies
Assorted Soft Drinks
Bottled Water
Coffee & Tea

\$7

Snack Break

Canadian Cheese & Crackers
Crudités Platter
Tortilla Chips & Salsa

Fruit Juices
Assorted Soft Drinks
Bottled Water
Coffee & Tea

\$9

Meet... Eat... **RELAX!**



À La Carte

<i>Beverages</i>		
Regular and Decaffeinated Coffee	\$2.50	
Regular or Herbal Teas	\$2.50	
Hot Chocolate	\$2.50	
2% Milk	\$2.50	
Chilled Fruit Juices	\$2.25	
Assorted Soft Drinks	\$2.25	
Bottled Water	\$2.25	
Pellegrino 750ml	\$6	
Vital Still Water 1l	\$5	
<i>Snacks</i>		
	<i>Dozen</i>	<i>½ Dozen</i>
Assorted Cookies	\$18	\$10
Deep Dutch Brownies	\$21	\$11
Croissants	\$25	\$13
Danish	\$21	\$11
Muffins	\$25	\$13
Banana Nut Bread (Serves 12)	\$18.00/loaf	
Carrot Bread (Serves 12)	\$18.00/loaf	
Multi Grain Bars	\$2.25 Each	
Tortillas & Salsa (Serves 15)	\$18.00	
Assorted Yogurt	\$2.25 Each	
Pretzels (Serves 15)	\$15.00	

Assorted Platters

	Large (Serves 40)	Medium (Serves 25)	Small (Serves 10)
Canadian Cheese & Crackers	\$225	\$150	\$75
Cocktail Sandwiches	\$175	\$125	\$60
Sliced Seasonal Fruit	\$145	\$105	\$50
Assorted Desserts	\$145	\$105	\$50
Vegetables & Dip	\$125	\$85	\$40
Relish & Pickle Tray	\$125	\$85	\$40

Meet... Eat... **RELAX!**